SKINNY MOM

30 DAYS TO FIT

FAT BURNING AND STRENGTH TRAINING PLAN FOR WOMEN

» NO EXCUSES!

YOUR AT-HOME 20-MINUTE WORKOUT GUIDE

- » Tone Your Legs, Booty, Arms and Abs
- » Torch Calories, Get Strong and Feel Confident
- » Fast 20-Minute **HIIT Workouts** that Yield GREAT Results!

[#30DAYS2FIT]

+ OVER 150 EXERCISES WITH DESCRIPTIONS!

SkinnyMom.com
creator, Brooke Griffin

WELCOME TO 30 DAYS TO FIT!

With this plan, you will see the results you want and achieve your fitness goals in no time!
This HIIT workout plan will strengthen your upper body, lower body and core as well as increase your aerobic capacity through various strength and cardio workouts. What is HIIT, you ask? HIIT (High Intensity Interval Training) is a type of exercise that calls for repeated sessions of short, intense intervals followed by lower intensity intervals of active recovery. HIIT yields great results, and allows you to get in an effective workout in minimal time. All of these workouts in **#30DAYS2FIT** are about 20 minutes. Who doesn't love that?!

THE 30 DAYS TO FIT WORKOUT PLAN FOCUSES ON FOUR MAIN COMPONENTS:

1. LOWER BODY
2. UPPER BODY
3. CORE
4. CARDIO

The quick rate at which you will do these workouts will put your body in metabolic training mode, which will help burn calories and tone muscle to get results.

With the **30 Days to Fit** plan, you are equipped with four weeks of workouts to do every day. No workout will ever be exactly the same. You will begin each workout with two minutes of jogging or marching in place. Each move in your workout will last 60 seconds, with 60 seconds of active rest (walking or jogging in place) in between each move. Five moves make up one sequence, and you will repeat that sequence two times before beginning your cooldown.
When you cool down, you'll want to walk for a few minutes and stretch for five to ten.

Each action-packed workout on the **30 DAYS TO FIT** plan only takes about 20-30 minutes a day, which makes it perfect for anyone tight on time.
The high intensity interval training will work your body to its fullest potential.

KEEP IN MIND, WHAT YOU PUT INTO THESE WORKOUTS IS WHAT YOU WILL GET OUT!

If an exercise gets too easy, up the weight on the equipment you are using or increase the intervals to 90 seconds of each move and 30-60 seconds of active rest. *Challenge yourself!*
Now that you know a little more about this plan – break out your dumbbells and get your sweat on!

GET SOCIAL! POST PROGRESS PICS OR YOUR SWEATY SELFIES WITH #30DAYS2FIT FOR EXTRA MOTIVATION & ACCOUNTABILITY!

EQUIPMENT YOU'LL NEED:

You might already have most of the equipment featured in this workout guide, but if not, don't sweat it! Most of the workouts can be done without using the equipment or by substituting one item for another. For instance, if you don't have a kettlebell, use a dumbbell instead.

YOGA MAT

SLAM BALL

Beginner: 10 lbs
Advanced: 12-20 lbs

SQUISHY BALL

KETTLEBELL

Beginner: 5-10 lbs
Advanced: 15-25 lbs

DUMBBELLS

Beginner: 3-5 lbs
Advanced: 12-20 lbs

JUMP ROPE

Height: 4'9" - 5'5" = 6' rope
Height: 5'6" - 6' = 9' rope

ANKLE WEIGHTS

Beginner: 1-2 lbs
Advanced: 3-5 lbs

STABILITY BALL

Height: 5'4" or less = 55cm
Height: 5'5" - 5'11" = 65cm
Height: 6' or more = 75cm

DAY 1: LOWER BODY

Equipment Needed Today: Yoga Mat & Dumbbells

WARM UP: Jog or march in place for 2 minutes.

MOVE 1: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 2.

MOVE 2: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 3.

MOVE 3: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 4

MOVE 4: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 5.

MOVE 5: Complete as many reps as you can for 60 seconds. Rest 60 seconds.

REPEAT MOVES 1-5 AN ADDITIONAL 1X FOR A TOTAL OF 2 ROUNDS.

COOL DOWN: After repeating the sequence a total of 2x, walk a few minutes and stretch for 5-10 minutes.

PLEASE NOTE: If an exercise has you performing the movement on each side, perform the move 60 seconds on one side and 60 seconds on the other side and then take your 60 second rest period.

1. INNER THIGH LIFTS:

Lie on your right side supporting your weight with your right elbow and forearm, placing your left hand in front of you for balance. Keep your right leg straight and your left leg bent behind your right with your left foot on the floor. Slowly lift your right leg off the ground and hold for 3 seconds. Lower your right leg back to starting position. That is one repetition. Continue on right leg for instructed time, then switch sides. Modification (advanced): Add an ankle weight for added resistance.

2. MOUNTAIN CLIMBERS:

Begin in high plank position with your hands directly under your shoulders. Your body should be in a straight, diagonal line from your head to your heels. With your core engaged, bring your right knee forward under your chest, with the toes just off the ground. Return to your basic plank. Switch legs, bringing the left knee forward. Keep alternating legs and pick up the pace until it feels a little like running in place in a plank position. Continue this movement for instructed amount of time. Modification (beginner): Elevate your hands on a bench or a step.

DAY 1: LOWER BODY

Equipment Needed Today: Yoga Mat & Dumbbells

3. SUITCASE DEADLIFTS:

Stand with your feet shoulder-width apart, chest up, shoulders back and back straight. Holding your dumbbells at your side, slowly squat so the dumbbells touch the ground (not resting just touching), hold and then return to starting position. That is one rep. Continue for instructed time. Modification (advanced): Before lowering into your squat, rise up on your toes for a calf raise.

4. 180-DEGREE SQUAT JUMPS:

Stand with your feet shoulder-width apart. Lower into a standard squat with your back straight and chest up, toes turned slightly out and weight in your heels. Have your arms bent and ready to help you launch out of the squat. Swing your arms back by your hips, then upward as you push out of the squat. Jump to the opposite side (180 degrees), turning your body mid-air. Land in squat position, swinging arms back by hips. Hold and repeat on the other side. That is one rep. Continue for instructed amount of time. Modification (advanced): During the jump, tuck your knees as close to the body as possible.

5. PLIÉ SQUATS:

Stand with your feet wider than hip-distance apart, turn your toes out 45 degrees and clasp your hands in front of your chest. Slowly lower yourself down by bending your knees and hips. Keep your core tight, back straight and do not let your knees move past your toes when lowering. Once your thighs are parallel to the floor, press through your heels and rise back up to standing. That is one rep. Continue for instructed amount of time. Modification (advanced): Perform this move on your toes.

DAY 2: UPPER BODY

Equipment Needed Today: Dumbbells & Yoga Mat

WARM UP: Jog or march in place for 2 minutes.

MOVE 1: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 2.

MOVE 2: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 3.

MOVE 3: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 4

MOVE 4: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 5.

MOVE 5: Complete as many reps as you can for 60 seconds. Rest 60 seconds.

REPEAT MOVES 1-5 AN ADDITIONAL 1X FOR A TOTAL OF 2 ROUNDS.

COOL DOWN: After repeating the sequence a total of 2x, walk a few minutes and stretch for 5-10 minutes.

PLEASE NOTE: If an exercise has you performing the movement on each side, perform the move 30 seconds on one side and 30 seconds on the other side and then take your 15 second rest period.

1. BICEP CURLS:

Grab a pair of dumbbells and let them hang at arm's length at the edge of your hips. Turn your arms so that your palms face forward. Tuck your elbows into your sides and bend them, curling the dumbbells up to your shoulders. Make sure your elbows stay stationary and your upper arms do not move. Slowly lower the weights back to your thighs. Your arms should be fully extended at the bottom. That is one rep. Continue for instructed amount of time.

2. DUMBBELL UPRIGHT ROWS:

Begin standing with feet shoulder-width apart with a slight bend in your knees, palms facing down on the tops of your thighs, grasping a dumbbell in each hand. Keep your knees slightly bent and your chest up. Pull your hands directly up until your elbows and forearms are virtually parallel to the ground while squeezing your shoulder blades together. The dumbbells should end at chest level. Pause at the top and lower the dumbbells to the starting position. That is one rep. Continue for instructed amount of time.

DAY 2: UPPER BODY

Equipment Needed Today: Dumbbells & Yoga Mat

3. CROSS JACKS:

Stand with your feet shoulder-width apart, and extend your arms straight out to either side with palms facing down. This is the starting position. Jump, and cross your right arm over your left and your right foot over your left. Jump back to the starting position, then cross with the opposite arm and foot. That is one rep. Continue for instructed amount of time.

4. FLOOR TRICEP DIPS:

Sit on the floor with knees bent, feet placed hip-width distance on the floor, hands on the floor behind you with your fingers pointing toward your body. Lift your hips off the floor and straighten your arms. Slowly bend at your elbows and lower your body to the floor. Pull your abdominal muscles tight and keep your elbows tucked into your body. Once you reach the bottom of the movement, slowly press off with your hands, and push yourself straight back up to the starting position. That is one rep. Continue for instructed amount of time.

5. PUSHUPS:

Assume plank position, with your arms shoulder-width apart. Lower your body until your chest nearly touches the floor. As you lower, tuck your elbows close to your sides so your arms form 45-degree angles. Pause and push back to starting position. That is one rep. Continue for instructed amount of time. Modification (beginner): Perform this move on your knees and decrease the range of motion.

DAY 3: CORE

Equipment Needed Today: Yoga Mat, Stability Ball & Kettlebell

WARM UP: Jog or march in place for 2 minutes.

MOVE 1: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 2.

MOVE 2: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 3.

MOVE 3: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 4

MOVE 4: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 5.

MOVE 5: Complete as many reps as you can for 60 seconds. Rest 60 seconds.

REPEAT MOVES 1-5 AN ADDITIONAL 1X FOR A TOTAL OF 2 ROUNDS.

COOL DOWN: After repeating the sequence a total of 2x, walk a few minutes and stretch for 5-10 minutes.

PLEASE NOTE: If an exercise has you performing the movement on each side, perform the move 30 seconds on one side and 30 seconds on the other side and then take your 15 second rest period.

1. CROUCHING TIGER:

Start on all fours, with your hands directly under your shoulders and your knees directly under your hips. Curl the toes under and pop the hips up so the knees are hovering above the ground about 2 inches. Look at the floor between your hands. Rotate the hips and torso as you kick one leg out to the side. You'll do this by lifting the hand off the ground and swinging the opposite leg under the body. Flex the foot and straighten the leg as best you can. Return the leg to hovering position and repeat on the opposite side. That is one rep. Continue for instructed amount of time. Try not to put your knees down or pike your hips!

2. STABILITY BALL ROLL OUT:

Kneel behind a stability ball with your knees hip-width apart. Rest your forearms on the ball with your hands clasped. Keeping your back flat and core in tight, slowly roll forward as far as possible, straightening your arms as far as you can without allowing your hips to drop. Hold this position, then bend your elbows and roll the ball back in toward start position. That is one rep. Continue for instructed amount of time.

DAY 3: CORE

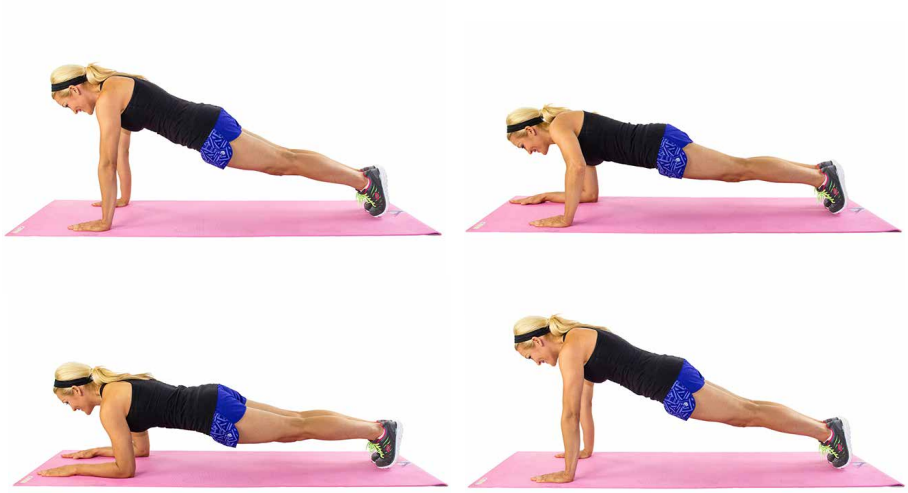
Equipment Needed Today: Yoga Mat, Stability Ball & Kettlebell

3. RUSSIAN TWISTS W/ KETTLEBELL:

Begin in a seated position on the floor with knees bent. Hold kettlebell above chest as you lower your upper body down to about a 45-degree angle. Lift your legs and engage your core for balance. Keeping core tight and shoulders back, rotate to the right as far as you can. See if you can tap the kettlebell on the floor. Pause, then reverse your movement, twisting through the center and to the left as far as you can, tapping kettlebell on the floor. That is one rep. Continue for instructed amount of time. Modification (beginner): Leave your feet on the floor, knees still bent.

4. PLANK UP-DOWNS:

Begin in high plank. Your body should be a straight, diagonal line from your head to your heels. With control, place your right forearm down onto the mat, followed by the left. You are now in forearm plank position. Reverse the sequence, pressing back up into a high plank, one hand at a time. That is one rep. Continue for instructed amount of time. Modification (beginner): Perform this move on your knees.



5. SIT-UPS:

Sit on the floor with your knees bent and your feet flat on the floor. Place your hands behind your head. Your elbows should be pointing outward. Raise your head, shoulders and upper body toward your knees. Avoid arching your back. Lead with your chest, not your head. Exhale as your rise, inhale as you lower back down to the mat. That is one rep. Continue for instructed amount of time. Modification (beginner): Do not sit all the way up. Instead, do small crunches by lifting only your upper back and shoulders off the ground.

DAY 4: CARDIO: WALK, BIKE, OR JOG FOR 30 MINUTES

DAY 5: LOWER BODY

Equipment Needed Today: Yoga Mat & One Light Dumbbell

WARM UP: Jog or march in place for 2 minutes.

MOVE 1: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 2.

MOVE 2: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 3.

MOVE 3: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 4

MOVE 4: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 5.

MOVE 5: Complete as many reps as you can for 60 seconds. Rest 60 seconds.

REPEAT MOVES 1-5 AN ADDITIONAL 1X FOR A TOTAL OF 2 ROUNDS.

COOL DOWN: After repeating the sequence a total of 2x, walk a few minutes and stretch for 5-10 minutes.

PLEASE NOTE: If an exercise has you performing the movement on each side, perform the move 60 seconds on one side and 60 seconds on the other side and then take your 60 second rest period.

1. DONKEY KICKS:

Start on all fours, with your hands directly under your shoulders and your knees directly under your hips. Keep your right knee at a 90-degree angle as you slowly raise your leg behind you until your thigh is almost parallel to the floor. Pulse your flexed foot toward the ceiling by squeezing your glutes. The motion should be small and controlled with the muscle doing the work and not momentum. Return to start position. That is one rep. Continue on your right side for instructed amount of time, then switch to left. Modification (advanced): Add an ankle weight.

2. FIRE HYDRANTS:

Start on all fours, with your hands directly under your shoulders and your knees directly under your hips. Keep shoulders and neck relaxed and your core tight. Keeping your knee bent, raise your right leg out to the side, until your thigh is parallel to the floor, keeping your hips square. Lower your leg back to starting position. That is one rep. Continue on your right side for instructed amount of time, then switch to left. Modification (advanced): Add an ankle weight.

DAY 5: LOWER BODY

Equipment Needed Today: Yoga Mat & One Light Dumbbell

3. KNEELING REAR LEG RAISES:

Start on all fours, with your hands directly under your shoulders and your knees directly under your hips. Keep shoulders and neck relaxed and your core tight. Extend your right leg back, your toes hovering just above the ground. Keeping your leg perfectly straight, and your hips level and stationary, lift your leg as high as you can without arching your back. Slowly lower your leg within an inch of the ground but do not touch until you are done with all repetitions. That is one rep. Continue on your right side for instructed amount of time, then switch to left. Modification (advanced): Add an ankle weight.

4. GLUTE RAINBOW:

Start on all fours, with your hands directly under your shoulders and your knees directly under your hips. Take your right leg and bring it out to the side, keeping your foot on the ground. Exhale and lift the leg up as you move it behind you until it's extending straight back from the hip. Without stopping, continue to move the leg behind you, crossing over the grounded leg. Draw the toe to the floor and tap the other side if you can. Reverse the rainbow movement. That is one rep. Continue on your right side for instructed amount of time, then switch to left. Modification (advanced): Add an ankle weight.

5. KNEE CROSSOVER KICKS:

Start on all fours, with your hands directly under your shoulders and your knees directly under your hips. Place a dumbbell in the crease of your right knee. Keeping the right knee bent, flex the right foot and lift knee to hip level. Lower right knee to the outside of left knee, then diagonally lift it back to hip level. That is one rep. Continue on your right side for instructed amount of time, then switch to left. Modification (advanced): Add an ankle weight.

DAY 6: UPPER BODY

Equipment Needed Today: Yoga Mat, Dumbbells, Jump Rope, Kettlebell & Squishy Ball

WARM UP: Jog or march in place for 2 minutes.

MOVE 1: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 2.

MOVE 2: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 3.

MOVE 3: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 4

MOVE 4: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 5.

MOVE 5: Complete as many reps as you can for 60 seconds. Rest 60 seconds.

REPEAT MOVES 1-5 AN ADDITIONAL 1X FOR A TOTAL OF 2 ROUNDS.

COOL DOWN: After repeating the sequence a total of 2x, walk a few minutes and stretch for 5-10 minutes.

PLEASE NOTE: If an exercise has you performing the movement on each side, perform the move 60 seconds on one side and 60 seconds on the other side and then take your 60 second rest period.

1. L-RAISES:

Stand with feet hip-width apart, holding a set of dumbbells at your sides, palms facing in. Roll the shoulders back and down and brace the core. Exhale and lift the arms: one comes forward and the other moves out to the side, creating an "L" shape. Keep the arms at shoulder-height. Lower to the hips and repeat on the other side. Control the move – no swinging! That is one rep. Continue alternating sides for instructed amount of time.

2. PYRAMID PULSES:

Stand tall and hold a squishy ball between your elbows as the arms extend straight out from the shoulders. Bend the arms at 90 degrees and bring the hands together. Pull your belly button into the spine. Raise your elbows up a few inches and back down to the starting position. This is your pulse range. Keep the same amount of pressure on the ball, and keep your hands together. The shoulders should stay down – if they creep up, rest and restart. Continue this movement for instructed amount of time.

DAY 6: UPPER BODY

Equipment Needed Today: Yoga Mat, Dumbbells, Jump Rope, Kettlebell & Squishy Ball

3. JUMP ROPE:

Stand tall with jump rope handles in each hand, resting the rope on the floor behind you. Swing the rope up and over your head and jump over the rope as it hits the ground. Keep the rotation in your wrists rather than moving your arms. Stay on your toes as you jump and keep a soft bend in your knees. Vary your jumps: two feet, one foot at a time, high knees, etc. Try to increase your speed as you progress. Continue this movement for instructed amount of time. Modification (beginner): Decrease your range of motion by not jumping as high. You can also drop the rope all together and imitate the wrist rotations.

4. KETTLEBELL RENEGADE ROWS:

Get in high plank position on the floor with hands slightly wider than shoulder-width and one hand holding a kettlebell. Contract abs so body is in a straight, diagonal from head to feet. Pull kettlebell up to the side of your chest, trying to keep your shoulders and hips as square to the floor as possible. Contract your back muscles and pause at the top. Lower kettlebell to starting position. That is one rep. Continue on this side for instructed amount of time, then switch. Modification (beginner): Step feet wide for greater stability or lower onto knees if necessary.

5. UP-AND-OVERS:

Start in high plank position, but with knees bent. Keeping arms locked, knees bent and legs together throughout, propel legs up and over to the right side of your mat. Then explode to the left side of your mat for one rep. Continue exploding up and over to each side for instructed time. Modification (beginner): Instead of hopping from side to side, just step, one leg at a time at a challenging pace.

DAY 7: CORE

Equipment Needed Today: One Heavy Dumbbell & Yoga Mat

WARM UP: Jog or march in place for 2 minutes.

MOVE 1: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 2.

MOVE 2: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 3.

MOVE 3: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 4

MOVE 4: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 5.

MOVE 5: Complete as many reps as you can for 60 seconds. Rest 60 seconds.

REPEAT MOVES 1-5 AN ADDITIONAL 1X FOR A TOTAL OF 2 ROUNDS.

COOL DOWN: After repeating the sequence a total of 2x, walk a few minutes and stretch for 5-10 minutes.

PLEASE NOTE: If an exercise has you performing the movement on each side, perform the move 60 seconds on one side and 60 seconds on the other side and then take your 60 second rest period.

1. STANDING SIDE CRUNCHES:

Grab a dumbbell and let it hang at arm's length on your left side. Stand with feet shoulder-width apart, feet pointing forward and abs tight. Bend your right arm and tuck your hand behind your head. Keeping your core tight, lean to your left letting the weight guide your body. Do not bend at the neck or break your posture. Focus on lowering the weight. Aim to lower the weight to your knee, then slowly lift it and your upper body back to standing position. That is one rep. Continue on this side for instructed amount of time, then switch. Modification (beginner): Ditch the dumbbells and decrease your range of motion.

2. PLANK JACKS:

Begin in high plank position. Jump your legs wide and then back together. That is one rep. Jump as quickly as you can, but do not let your stomach sag or arch towards the ceiling. Continue for instructed amount of time. Modification (beginner): Instead of jumping, step alternating legs out to the side and then back in.

DAY 7: CORE

Equipment Needed Today: One Heavy Dumbbell & Yoga Mat

3. FLUTTER KICKS:

Lie flat on your back with your arms at your sides, palms facing down and your lower back pressed firmly into the floor. Lift your feet 6 to 8 inches off the floor and quickly kick (flutter) your legs up and down, raising and lowering your feet only a few inches from the ground. Continue this movement for instructed amount of time. Modification (beginner): Place your hands beneath your glutes for added back support. You can also lift your legs higher to ease tension on lower back.

4. DECK SQUAT BURPEES:

Stand with your feet hip-width apart, then squat down to your toes, roll back on the mat bringing your legs as far back as you can and then roll back up (use one or both hands to get up if necessary). As soon as you stand up, drop down, placing your hands on the floor in front of you. Kick your legs backward so that you're now in a push up position. Quickly reverse the movement to return to the standing position. Push through your feet and jump up to the start position. That's one rep. Continue this movement for instructed amount of time. Modification (beginner): Perform a traditional Burpee (see steps 7-11).

5. FOREARM PLANK:

Lie face down on floor resting on your forearms. Push up off the floor, raising up onto toes and resting on the elbows. Keep your back flat, contracting your abdominal muscles while you hold your body in a straight line from head to heels. Don't let your butt sag or stick up in the air. Stay in this position for instructed amount of time. Modification (beginner): Perform this move on your knees.

DAY 8: CARDIO: WALK, BIKE, OR JOG FOR 30 MINUTES

DAY 9: LOWER BODY

Equipment Needed Today: Dumbbells, Ankle Weights & Stability Ball

WARM UP: Jog or march in place for 2 minutes.

MOVE 1: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 2.

MOVE 2: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 3.

MOVE 3: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 4

MOVE 4: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 5.

MOVE 5: Complete as many reps as you can for 60 seconds. Rest 60 seconds.

REPEAT MOVES 1-5 AN ADDITIONAL 1X FOR A TOTAL OF 2 ROUNDS.

COOL DOWN: After repeating the sequence a total of 2x, walk a few minutes and stretch for 5-10 minutes.

PLEASE NOTE: If an exercise has you performing the movement on each side, perform the move 60 seconds on one side and 60 seconds on the other side and then take your 60 second rest period.

1. ALTERNATING LUNGES WITH DUMBBELLS:

Grab a pair of dumbbells and hold them at your sides, palms facing in. Stand straight with your feet hip-width apart. Brace your core and step back with your left leg and slowly lower your body until your front knee is bent at least 90 degrees. Your rear knee should nearly touch the floor. Press yourself back up and repeat steps with your right leg. That is one rep. Continue alternating sides for instructed amount of time. Modification (beginner): Decrease or ditch the dumbbells.

2. FOOTBALL DRILL:

Get into a defensive position with a wide stance and arms tucked into the body. Shift your weight to the balls of your feet and jump over to one side. Keep your form nice and tight. Shift your weight over to the other leg. Make sure your knees remain slightly bent the entire time so you can safely and quickly get side to side. Stay low, and continue shifting weight from side to side for the instructed amount of time. Modification (beginner): Slow your speed.

DAY 9: LOWER BODY

Equipment Needed Today: Dumbbells, Ankle Weights & Stability Ball

3. POWER SQUATS:

Stand with your legs a little wider than shoulder-width apart and arms down at sides. Squat down, bending your knees and pushing your butt back as if you were sitting in a chair. Make sure your knees don't cross over your toes. Explode up through the balls of your feet into a vertical leap with your legs and arms fully extended. Land softly and sink back into the squat position, keeping your knees softly bent. Never land with your legs still extended and do not fully lock your knees out. That is one rep. Continue for instructed amount of time. Modification (beginner): Instead of jumping, rise up and stand on your toes as you extend your legs.

4. WEIGHTED LEG CIRCLES:

Place an ankle weight on each ankle. Lie on your right side and prop yourself up on your right forearm, shoulder directly over your elbow. Stack your legs on top of each other. Lift your left leg and draw large forward circles. Continue movement on this side for instructed amount of time, then switch. Modification (beginner): Ditch the ankle weights.

5. WEIGHTED WALL SQUATS WITH STABILITY BALL:

Place a stability ball against a wall and align it with your lower back. Place your feet a foot or so in front of your body. Holding a dumbbell in each hand, with palms facing in, lower down into a squat, keeping thighs parallel to floor and your weight in your heels (make certain to keep your knees behind your toes). Pause and roll back up and return to standing position. That is one rep. Continue for instructed amount of time. Modification (beginner): Ditch the dumbbells.

DAY 10: UPPER BODY

Equipment Needed Today: Dumbbells, Stability Ball Yoga Mat & Slam Ball

WARM UP: Jog or march in place for 2 minutes.

MOVE 1: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 2.

MOVE 2: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 3.

MOVE 3: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 4

MOVE 4: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 5.

MOVE 5: Complete as many reps as you can for 60 seconds. Rest 60 seconds.

REPEAT MOVES 1-5 AN ADDITIONAL 1X FOR A TOTAL OF 2 ROUNDS.

COOL DOWN: After repeating the sequence a total of 2x, walk a few minutes and stretch for 5-10 minutes.

PLEASE NOTE: If an exercise has you performing the movement on each side, perform the move 60 seconds on one side and 60 seconds on the other side and then take your 60 second rest period.

1. DUMBBELL UPRIGHT ROWS:

Begin standing with feet shoulder-width apart with a slight bend in your knees, palms facing down on the tops of your thighs, grasping a dumbbell in each hand. Keep your knees slightly bent and your chest up. Pull your hands directly up until your elbows and forearms are virtually parallel to the ground while squeezing your shoulder blades together. The dumbbells should end at chest level. Pause at the top and lower the dumbbells to the starting position. That is one rep. Continue for instructed amount of time.

2. STABILITY BALL CHEST FLYS:

Hold a pair of dumbbells and lie back on a stability ball, (make sure head, neck and shoulders are supported by the ball) feet flat on the floor, knees bent at 90-degree angles, ankles directly under knees and hips lifted upward with abs tight. While keeping this body position, push weights straight up, palms facing in, and open arms out wide to your sides so they are parallel to the floor. (Arms should be straight without locking the elbows). Bring your arms back to center and repeat. That is one rep. Continue for instructed amount of time.

DAY 10: UPPER BODY

Equipment Needed Today: Dumbbells, Stability Ball Yoga Mat & Slam Ball

3. PUSHUPS W/ TRICEP EXTENSION:

Begin in pushup plank position with arms straight, feet slightly wider than shoulder-width, core tight and hands resting on a set of dumbbells directly below your shoulders. Lower into a full pushup and then press back up. From the up position, pull your left arm up into a 90-degree angle and then extend back. Lower dumbbell to your starting position. Repeat pushup and tricep extension on right side. That is one rep. Tips: Focus on pulling your belly button into your spine, squeezing your glutes and stabilizing your entire body. Keep your chest parallel to the floor throughout and try not to rock or sway to one side. Continue alternating side for instructed amount of time. Modification (beginner): Perform this move on your knees.

4. BALL SLAMS:

Step into a squat stance with your feet slightly wider than shoulder-width, toes turned out about an inch, and slam ball on the ground in front of you. Drop your hips back and down into a squat and reach for the slam ball, trying to keep your chest lifted as much as possible. Do not round the back. Exhale and push out of the squat as your lift the ball overhead. Gain some momentum for your slam by bringing the ball behind the head like a triceps extension. Use the back muscles to bring the ball forward and launch it to the ground. At the same time, drop into your squat. Catch the ball as it bounces up. That is one rep. Continue for instructed amount of time.

5. TRICEPS KICKBACKS:

Holding a dumbbell in each hand, hinge forward from your hips, bending the knees slightly. Bend your elbows behind you. Straighten your arms behind you with your palms facing in and elbows tucked in tight to your side. Squeeze your triceps, and then return to the starting position. That is one rep. Continue for instructed amount of time.

DAY 11: CORE

Equipment Needed Today: Yoga Mat & Kettlebell

WARM UP: Jog or march in place for 2 minutes.

MOVE 1: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 2.

MOVE 2: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 3.

MOVE 3: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 4

MOVE 4: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 5.

MOVE 5: Complete as many reps as you can for 60 seconds. Rest 60 seconds.

REPEAT MOVES 1-5 AN ADDITIONAL 1X FOR A TOTAL OF 2 ROUNDS.

COOL DOWN: After repeating the sequence a total of 2x, walk a few minutes and stretch for 5-10 minutes.

PLEASE NOTE: If an exercise has you performing the movement on each side, perform the move 60 seconds on one side and 60 seconds on the other side and then take your 60 second rest period.

1. RUSSIAN TWISTS W/ KETTLEBELL:

Begin in a seated position on the floor with knees bent. Hold kettlebell above chest as you lower your upper body down to about a 45-degree angle. Lift your legs and engage your core for balance. Keeping core tight and shoulders back, rotate to the right as far as you can. See if you can tap the kettlebell on the floor. Pause, then reverse your movement, twisting through the center and to the left as far as you can, tapping kettlebell on the floor. That is one rep. Continue for instructed amount of time. Modification (beginner): Leave your feet on the floor, knees still bent.

2. ALTERNATING TOE TOUCHES:

Lie flat on the ground with your legs extended. Raise your right leg straight up. Contract your abs and raise your left hand up to your right toe by lifting your left shoulder off the ground. Repeat movement by raising your right hand up to your left toe. That is one rep. Continue alternating sides for instructed amount of time.

DAY 11: CORE

Equipment Needed Today: Yoga Mat & Kettlebell

3. MOUNTAIN CLIMBERS:

Begin in high plank position with your hands directly under your shoulders. Your body should be in a straight, diagonal line from your head to your heels. With your core engaged, bring your right knee forward under your chest, with the toes just off the ground. Return to your basic plank. Switch legs, bringing the left knee forward. Keep alternating legs and pick up the pace until it feels a little like running in place in a plank position. Continue this movement for instructed amount of time. Modification (beginner): Elevate your hands on a bench or a step.

4. PLANK UP-DOWNS:

Begin in high plank. Your body should be a straight, diagonal line from your head to your heels. With control, place your right forearm down onto the mat, followed by the left. You are now in forearm plank position. Reverse the sequence, pressing back up into a high plank, one hand at a time. That is one rep. Continue for instructed amount of time. Modification (beginner): Perform this move on your knees.

5. POWER KNEE/GRABS:

Begin with your feet hip-width apart then extend one leg behind you as the front leg bends (make sure bent knee doesn't cross over your toes). At the same time, extend your arms out and above your head like you're reaching for the head of an opponent. Swiftly pull the back leg through to the front, knee-first. Bring the hands down, elbows tucking into your sides. You want to act like you're pulling the opponent's face into your knee! Make it powerful – and feel your abs contract. That is one rep. Continue movement on this side for instructed time, then switch.

DAY 12: CARDIO: WALK, BIKE, OR JOG FOR 30 MINUTES

DAY 13: LOWER BODY

Equipment Needed Today: Yoga Mat

WARM UP: Jog or march in place for 2 minutes.

MOVE 1: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 2.

MOVE 2: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 3.

MOVE 3: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 4

MOVE 4: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 5.

MOVE 5: Complete as many reps as you can for 60 seconds. Rest 60 seconds.

REPEAT MOVES 1-5 AN ADDITIONAL 1X FOR A TOTAL OF 2 ROUNDS.

COOL DOWN: After repeating the sequence a total of 2x, walk a few minutes and stretch for 5-10 minutes.

PLEASE NOTE: If an exercise has you performing the movement on each side, perform the move 60 seconds on one side and 60 seconds on the other side and then take your 60 second rest period.

1. PRISONER GET-UPS:

Start by kneeling on the ground with your knees hip-width apart and your hands behind your head. Slowly stand up, one leg at a time. Squeeze your abs and glutes while standing up. Keep squeezing while returning to the starting position, one leg at a time. That is one rep. Continue this movement for instructed amount of time. Modification (beginner): Use hands to get up to standing position. Modification (advanced): Start by lying on your back with your hands behind your head, elbows out. Keeping hands in place, sit up, swing your legs behind you, and then bring yourself to a kneel position. Continue with steps mentioned above.

2. PRISONER JACKS:

Stand with your feet close together, hands behind your head, and lower down into a narrow squat so that your weight shifts back to your heels. Staying low, but with your chest up, push off your heels and jump your feet wide, landing in a wide squat position. Jump back to the start position. That is one rep. Continue jumping your feet out and in while squatting as fast as you can for instructed amount of time.

DAY 13: LOWER BODY

Equipment Needed Today: Yoga Mat

3. SQUATS WITH LATERAL LIFT:

Begin with your feet shoulder-width apart and hinge the hips backward so you come into a crouched squat. Keep your arms in front of you with your chest lifted. Push out of the squat on one leg as the other leg lifts out to the side, completely extended. Crunch that same-side oblique to stay balanced. Replace the foot and repeat on the same side for instructed amount of time, then switch.

4. PLIÉ SQUATS:

Stand with your feet wider than hip-distance apart, turn your toes out 45 degrees and clasp your hands in front of your chest. Slowly lower yourself down by bending your knees and hips. Keep your core tight, back straight and do not let your knees move past your toes when lowering. Once your thighs are parallel to the floor, press through your heels and rise back up to standing. That is one rep. Continue for instructed amount of time. Modification (advanced): Perform this move on your toes.

5. GLUTE BRIDGE MARCH

Lie on your back with your knees bent and feet on the floor. Place your hands to your sides, palms down. Squeeze your glutes together as you lift your hips. Push the belly button down into the spine so the lower back isn't doing any of the work. Keeping the knees bent, lift one leg up until the thigh is completely vertical. As you lift, press into the heel of your grounded foot. Don't let those hips drop! Release the leg. That is one rep. Continue alternating sides for instructed amount of time.

DAY 14: UPPER BODY

Equipment Needed Today: Dumbbells & Yoga Mat

WARM UP: Jog or march in place for 2 minutes.

MOVE 1: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 2.

MOVE 2: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 3.

MOVE 3: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 4

MOVE 4: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 5.

MOVE 5: Complete as many reps as you can for 60 seconds. Rest 60 seconds.

REPEAT MOVES 1-5 AN ADDITIONAL 1X FOR A TOTAL OF 2 ROUNDS.

COOL DOWN: After repeating the sequence a total of 2x, walk a few minutes and stretch for 5-10 minutes.

PLEASE NOTE: If an exercise has you performing the movement on each side, perform the move 60 seconds on one side and 60 seconds on the other side and then take your 60 second rest period.

1. ARNOLD PRESS:

Stand with feet hip-width apart holding dumbbells at shoulders with arms tight to the body and palms facing in. Rotate wrists out and extend your arms overhead. Pause at the top, and then lower the dumbbells to the original position by rotating palms towards your shoulders. That is one rep. Continue for instructed amount of time.

2. HAND RELEASE PUSHUP:

Begin in high plank. Your body should be a straight, diagonal line from your head to your heels. Keeping your core tight and squeezing your glutes, lower your chest completely down to the floor under control, angling your elbows out to no more than 45 degrees. At the bottom of the movement, raise your palms up off the floor slightly by squeezing your shoulder blades together. Place your palms back on the floor and push back up into high plank. That is one rep. Continue for instructed amount of time. Modification (beginner): Perform this move on your knees.

DAY 14: UPPER BODY

Equipment Needed Today: Dumbbells & Yoga Mat

3. STANDING REAR DELT RAISES:

Stand with your feet hip-width apart. Hinge at the hips and lean forward so your hips go behind your heels and the back is flat. Gaze in front of you at the floor and hold dumbbells in front of you with arms extended, palms facing in. Keeping your arms straight (without locking the elbows), lift your dumbbells to the side of your body. If you have to jerk your body to complete this movement, decrease your weight. Avoid putting the work in your lower back. Squeeze your shoulder blades together then release the weights back under the chest with control. That is one rep. Continue for instructed amount of time.

4. BUTT KICKERS:

Keep your knees close together and your torso upright. Quickly kick alternating heels back to touch your glutes, or as close as you can get. Move your arms back and forth, just like normal running. One kick with your left leg and one kick with your right leg is one rep. Continue alternating kicks for instructed amount of time.

5. HORIZONTAL IN-AND-OUTS:

Stand with your feet hip-width apart and hold the weights just above your chest, elbows pointing out to the sides. Your elbows should be at the same height as your shoulders. Exhale and send the weights out to the sides, unhinging the elbows completely. Inhale to bring them back to the chest. That is one rep. Continue for instructed amount of time.

DAY 15: CORE

Equipment Needed Today: Yoga Mat & Stability Ball

WARM UP: Jog or march in place for 2 minutes.

MOVE 1: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 2.

MOVE 2: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 3.

MOVE 3: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 4

MOVE 4: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 5.

MOVE 5: Complete as many reps as you can for 60 seconds. Rest 60 seconds.

REPEAT MOVES 1-5 AN ADDITIONAL 1X FOR A TOTAL OF 2 ROUNDS.

COOL DOWN: After repeating the sequence a total of 2x, walk a few minutes and stretch for 5-10 minutes.

PLEASE NOTE: If an exercise has you performing the movement on each side, perform the move 60 seconds on one side and 60 seconds on the other side and then take your 60 second rest period.

1. BUTTERFLY SIT-UPS:

Lie on your back and open your legs into a diamond shape with the soles of your feet pressed together and knees out wide. Extend your arms over your head. Use your abdominal muscles to pull your upper body into a seated position – hands now touching your feet. Slowly lower back to the starting position. This is one rep. Continue for instructed amount of time.

2. PLANK TOE TAPS

Begin in forearm plank position with shoulders directly over elbows and feet together. Your body should be in a straight, diagonal line from your head to your heels. Look at your mat. Take your right foot and tap it to the outside of your mat, then bring it back to the center. As you do this, keep the rest of your body square and still. That is one rep. Continue movement on this side for instructed amount of time, then switch.

3. STABILITY BALL V-PASS:

Lie face up on the floor with arms and feet extended, grasping a stability ball with both hands. In one fluid movement, use your entire (continued on next page)

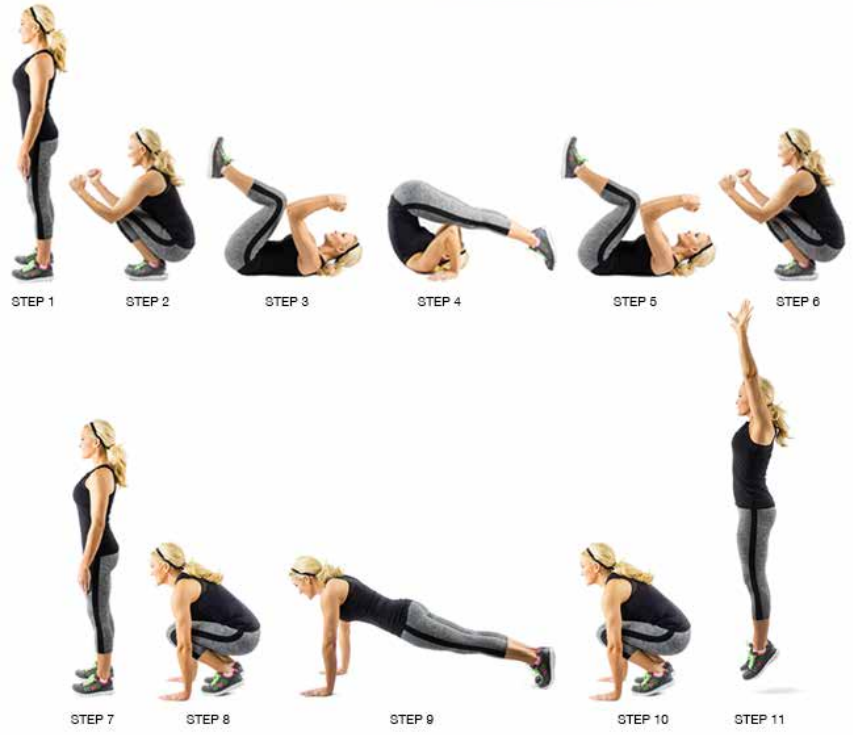
DAY 15: CORE

Equipment Needed Today: Yoga Mat & Stability Ball

core to lift your arms and legs off the ground, keeping legs and arms straight the entire time. Transfer the ball from your hands to your feet and allow yourself to lower back down to the floor. That is one rep. Continue for instructed amount of time. Modification (beginner): Bend your knees or ditch stability ball altogether.

4. DECK SQUAT BURPEES:

Stand with your feet hip-width apart, then squat down to your toes, roll back on the mat bringing your legs as far back as you can and then roll back up (use one or both hands to get up if necessary). As soon as you stand up, drop down, placing your hands on the floor in front of you. Kick your legs backward so that you're now in a push up position. Quickly reverse the movement to return to the standing position. Push through your feet and jump up to the start position. That's one rep. Continue this movement for instructed amount of time. Modification (beginner): Perform a traditional Burpee (see steps 7-11).



5. CRAB TWIST:

Sit with your knees bent in front of you and feet hip-width apart on the floor. Place your hands shoulder-width apart on the floor behind you. Lift your butt so that your body is in reverse tabletop position. Extend your right leg and place your left hand behind your head, elbow out. Crunch diagonally, bringing your right knee to your left elbow. That's one rep. Continue movement on this side for instructed amount of time, then switch. Modification (beginner): When in reverse tabletop position, keep both hands on the floor behind you and raise your knee to your chest.

DAY 16: CARDIO: WALK, BIKE, OR JOG FOR 30 MINUTES

DAY 17: LOWER BODY

Equipment Needed Today: Yoga Mat & Dumbbells

WARM UP: Jog or march in place for 2 minutes.

MOVE 1: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 2.

MOVE 2: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 3.

MOVE 3: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 4

MOVE 4: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 5.

MOVE 5: Complete as many reps as you can for 60 seconds. Rest 60 seconds.

REPEAT MOVES 1-5 AN ADDITIONAL 1X FOR A TOTAL OF 2 ROUNDS.

COOL DOWN: After repeating the sequence a total of 2x, walk a few minutes and stretch for 5-10 minutes.

PLEASE NOTE: If an exercise has you performing the movement on each side, perform the move 60 seconds on one side and 60 seconds on the other side and then take your 60 second rest period.

1. PRISONER GET-UPS:

Start by kneeling on the ground with your knees hip-width apart and your hands behind your head. Slowly stand up, one leg at a time. Squeeze your abs and glutes while standing up. Squeeze your abs and glutes while returning to the starting position, one leg at a time. That is one rep. Modification (beginner): Use hands to get up to standing position. Modification (advanced): Start by lying on your back with your hands behind your head, elbows out. Keeping hands in place, sit up, swing your legs behind you, and then bring yourself to a kneel position. Continue with steps mentioned above.

2. HEISMAN:

Start in a standing position with your knees slightly bent. Lift your bent right leg up. Quickly hop to the right, while lifting your bent left knee up to hip height. Hop to the left, lifting your right knee to hip height. That is one rep. Continue alternating legs for instructed amount of time.

DAY 17: LOWER BODY

Equipment Needed Today: Yoga Mat & Dumbbells

3. ALTERNATING LUNGES WITH DUMBBELLS:

Grab a pair of dumbbells and hold them at your sides, palms facing in. Stand straight with your feet hip-width apart. Brace your core and step back with your left leg and slowly lower your body until your front knee is bent at least 90 degrees. Your rear knee should nearly touch the floor. Press yourself back up and repeat steps with your right leg. That is one rep. Continue alternating sides for instructed amount of time. Modification (beginner): Decrease or ditch the dumbbells.

4. SEAL JACKS:

Stand with your feet hip-width apart, arms out to your sides parallel with the ground. Quickly jump upward, bringing your arms together in front of you and jumping both feet back together. Jump back to the starting position to complete this move. That is one rep. Continue for instructed amount of time. Modification (advanced): Add ankle weights for added resistance.

5. INNER THIGH LIFTS:

Lie on your right side supporting your weight with your right elbow and forearm, placing your left hand in front of you for balance. Keep your right leg straight and your left leg bent behind your right with your left foot on the floor. Slowly lift your right leg off the ground and hold for 3 seconds. Lower your right leg back to starting position. That is one repetition. Continue on right leg for instructed time, then switch sides. Modification (advanced): Add an ankle weight for added resistance.

DAY 18: UPPER BODY

Equipment Needed Today: Dumbbells & Yoga Mat

WARM UP: Jog or march in place for 2 minutes.

MOVE 1: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 2.

MOVE 2: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 3.

MOVE 3: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 4

MOVE 4: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 5.

MOVE 5: Complete as many reps as you can for 60 seconds. Rest 60 seconds.

REPEAT MOVES 1-5 AN ADDITIONAL 1X FOR A TOTAL OF 2 ROUNDS.

COOL DOWN: After repeating the sequence a total of 2x, walk a few minutes and stretch for 5-10 minutes.

PLEASE NOTE: If an exercise has you performing the movement on each side, perform the move 60 seconds on one side and 60 seconds on the other side and then take your 60 second rest period.

1. MOUNTAIN CLIMBERS:

Begin in high plank position with your hands directly under your shoulders. Your body should be in a straight, diagonal line from your head to your heels. With your core engaged, bring your right knee forward under your chest, with the toes just off the ground. Return to your basic plank. Switch legs, bringing the left knee forward. Keep alternating legs and pick up the pace until it feels a little like running in place in a plank position. Continue this movement for instructed amount of time. Modification (beginner): Elevate your hands on a bench or a step.

2. SIDE FLY EXTENSIONS:

Stand with feet a little wider than shoulder-width apart, a dumbbell in each hand, and arms hanging in the center of the body with palms facing forward. In a controlled motion, without bending the arms, swing the arms out to the sides until they are even with the shoulders. If you have to swing your upper body in order to raise the dumbbells, decrease the weight. Pause at the top. Return the arms back to center. That is one rep. Continue for instructed amount of time.

DAY 18: UPPER BODY

Equipment Needed Today: Dumbbells & Yoga Mat

3. PUSHUPS:

Assume plank position, with your arms shoulder-width apart. Lower your body until your chest nearly touches the floor. As you lower, tuck your elbows close to your sides so your arms form 45-degree angles. Pause and push back to starting position. That is one rep. Continue for instructed amount of time. Modification (beginner): Perform this move on your knees and decrease the range of motion.

4. SKULL CRUSHERS:

Grab a set of dumbbells, and start by lying on your back with your knees bent. With one dumbbell in each hand, raise your arms so they are above your chest, making sure your elbows are straight but not locked. Slowly lower both arms toward your head, bending the elbows 90 degrees. Pause at the bottom, then press your arms back to starting position. This is one rep. Continue for instructed amount of time.

5. BENT OVER ROWS:

Stand with your feet hip-width apart and hinge at the hips so your upper body leans forward. Keep your back straight, and extend the dumbbells straight down from shoulders. Without rocking, row the weights back toward the body until they reach your sides. Elbows will point directly behind you. Squeeze your shoulder blades together and open the chest. With control, release the row to the starting position. That is one rep. You want to keep the dumbbells as close to the thighs as possible instead of holding them away from your body. Continue for instructed amount of time.

DAY 19: CORE

Equipment Needed Today: Yoga Mat & Stability Ball

WARM UP: Jog or march in place for 2 minutes.

MOVE 1: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 2.

MOVE 2: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 3.

MOVE 3: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 4

MOVE 4: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 5.

MOVE 5: Complete as many reps as you can for 60 seconds. Rest 60 seconds.

REPEAT MOVES 1-5 AN ADDITIONAL 1X FOR A TOTAL OF 2 ROUNDS.

COOL DOWN: After repeating the sequence a total of 2x, walk a few minutes and stretch for 5-10 minutes.

PLEASE NOTE: If an exercise has you performing the movement on each side, perform the move 60 seconds on one side and 60 seconds on the other side and then take your 60 second rest period.

1. UP-AND-OVERS:

Start in high plank position, but with knees bent. Keeping arms locked, knees bent and legs together throughout, propel legs up and over to the right side of your mat. Then explode to the left side of your mat for one rep. Continue exploding up and over to each side for instructed time. Modification (beginner): Instead of hopping from side to side, just step, one leg at a time at a challenging pace.

2. STRAIGHT LEG REVERSE CRUNCHES:

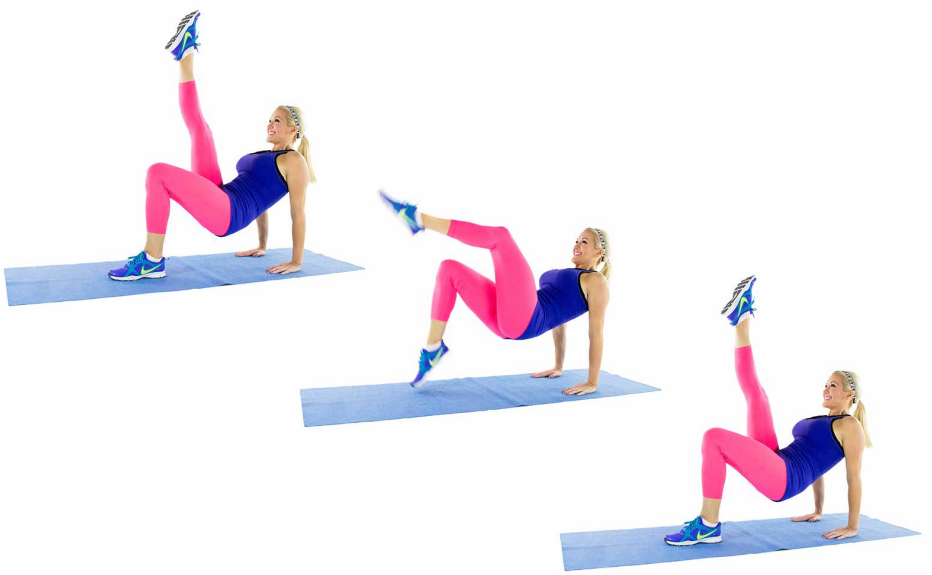
Lie on your back with your arms at your sides, palms down and lift your legs straight up over the hips, feet together. Using the lower core muscles and your lats (the muscles running against the rib cage), squeeze and lift your tailbone off the mat. The goal is to have your feet move straight up instead of up and over your chest. Sometimes flexing you feet to "stamp" the ceiling will help guide this movement. As you release, try to control it so your hips don't slam against the ground. That is one rep. Continue for instructed amount of time. Modification (beginner): Bend your knees.

DAY 19: CORE

Equipment Needed Today: Yoga Mat & Stability Ball

3. SWITCH KICKS:

Sit with your knees bent, feet flat on floor, palms behind you and your fingertips pointed toward your heels. Keeping hands and feet planted, raise your hips off the floor and alternate, kicking left leg and right leg as high and as fast as you can. A kick with your right leg and a kick with your left leg counts as one rep. Continue to alternate legs for instructed amount of time time. Modification (beginner): Perform this move at a slower pace.



4. PLANK UP-DOWNS:

Begin in high plank. Your body should be a straight, diagonal line from your head to your heels. With control, place your right forearm down onto the mat, followed by the left. You are now in forearm plank position. Reverse the sequence, pressing back up into a high plank, one hand at a time. That is one rep. Continue for instructed amount of time. Modification (beginner): Perform this move on your knees.

5. STABILITY BALL ROLL OUT:

Kneel behind a stability ball with your knees hip-width apart. Rest your forearms on the ball with your hands clasped. Keeping your back flat and core in tight, slowly roll forward as far as possible, straightening your arms as far as you can without allowing your hips to drop. Hold this position, then bend your elbows and roll the ball back in toward start position. That is one rep. Continue for instructed amount of time.

DAY 20: CARDIO: WALK, BIKE, OR JOG FOR 30 MINUTES

DAY 21: LOWER BODY

Equipment Needed Today: Stability Ball & Dumbbells

WARM UP: Jog or march in place for 2 minutes.

MOVE 1: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 2.

MOVE 2: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 3.

MOVE 3: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 4

MOVE 4: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 5.

MOVE 5: Complete as many reps as you can for 60 seconds. Rest 60 seconds.

REPEAT MOVES 1-5 AN ADDITIONAL 1X FOR A TOTAL OF 2 ROUNDS.

COOL DOWN: After repeating the sequence a total of 2x, walk a few minutes and stretch for 5-10 minutes.

PLEASE NOTE: If an exercise has you performing the movement on each side, perform the move 60 seconds on one side and 60 seconds on the other side and then take your 60 second rest period.

1. 180-DEGREE SQUAT JUMPS:

Stand with your feet shoulder-width apart. Lower into a standard squat with your back straight and chest up, toes turned slightly out and weight in your heels. Have your arms bent and ready to help you launch out of the squat. Swing your arms back by your hips, then upward as you push out of the squat. Jump to the opposite side (180 degrees), turning your body mid-air. Land in squat position, swinging arms back by hips. Hold and repeat on the other side. That is one rep. Continue for instructed amount of time. Modification (advanced): During the jump, tuck your knees as close to the body as possible.

2. HAMSTRING BALL TUCKS:

Lie on your back with your heels planted on top of a stability ball. Raise your hips up and form a flat bridge. Your shoulder blades should be anchored into the ground with your arms on the floor for support. Squeeze your booty and roll the ball in, thrusting your hips up into the air as far as possible. Pause at the top and lower back down to the floor. That is one rep. Continue for instructed amount of time. Modification (beginner): Ditch the stability ball and plant feet on the floor.

DAY 21: LOWER BODY

Equipment Needed Today: Stability Ball & Dumbbells

3. JUMPING LUNGES:

Begin in the lunge position. Place your feet far enough away from each other to create 90-degree bends in both knees. The front knee should not pass over the front toes. The back knee, ideally, should touch or be a few inches from the ground. Chest is lifted. Power yourself out of the lunge by squeezing your glutes and core. Use your arms to help with propulsion, and make sure both feet leave the ground at the same time. Land in your lunge with the opposite leg forward with both feet hitting the ground at the same time. The chest stays lifted. That is one rep. Continue alternating legs for instructed amount of time. Modification (beginner): Remove jump and perform a basic alternating lunge.

4. ROMANIAN DEADLIFTS:

Hold your dumbbells so they're resting on your thighs, palms facing you. Shoulders should be back with your back slightly arched and your knees a slight bend. Lower the dumbbells down to your shins by pushing your your butt back as far as you can, keeping your weight in your heels. Keep dumbbells close to your body, gaze forward and keep shoulders back. Return to starting position in a slow and controlled motion, driving the hips forward to stand tall. That is one rep. Continue for instructed amount of time.

5. SQUATS WITH TWIST:

Stand with feet hip-width apart and fingertips behind your ears. Lower into a half squat to start, then shift weight to left leg as you stand, lifting bent right knee and rotating torso to the right so your left elbow and right knee meet in front of chest. Return to start position, switch sides, and repeat to complete one rep. Continue alternating sides for instructed amount of time.

DAY 22: UPPER BODY

Equipment Needed Today: Yoga Mat, Dumbbells & Squishy Ball

WARM UP: Jog or march in place for 2 minutes.

MOVE 1: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 2.

MOVE 2: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 3.

MOVE 3: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 4

MOVE 4: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 5.

MOVE 5: Complete as many reps as you can for 60 seconds. Rest 60 seconds.

REPEAT MOVES 1-5 AN ADDITIONAL 1X FOR A TOTAL OF 2 ROUNDS.

COOL DOWN: After repeating the sequence a total of 2x, walk a few minutes and stretch for 5-10 minutes.

PLEASE NOTE: If an exercise has you performing the movement on each side, perform the move 60 seconds on one side and 60 seconds on the other side and then take your 60 second rest period.

1. FLOOR TRICEP DIPS:

Sit on the floor with knees bent, feet placed hip-width distance on the floor, hands on the floor behind you with your fingers pointing toward your body. Lift your hips off the floor and straighten your arms. Slowly bend at your elbows and lower your body to the floor. Pull your abdominal muscles tight and keep your elbows tucked into your body. Once you reach the bottom of the movement, slowly press off with your hands, and push yourself straight back up to the starting position. That is one rep. Continue for instructed amount of time.

2. CROSS JACKS:

Stand with your feet shoulder-width apart, and extend your arms straight out to either side with palms facing down. This is the starting position. Jump, and cross your right arm over your left and your right foot over your left. Jump back to the starting position, then cross with the opposite arm and foot. That is one rep. Continue for instructed amount of time.

DAY 22: UPPER BODY

Equipment Needed Today: Yoga Mat, Dumbbells & Squishy Ball

3. PUSHUPS W/ TRICEP EXTENSION:

Begin in pushup plank position with arms straight, feet slightly wider than shoulder-width, core tight and hands resting on a set of dumbbells directly below your shoulders. Lower into a full pushup and then press back up. From the up position, pull your left arm up into a 90-degree angle and then extend back. Lower dumbbell to your starting position. Repeat pushup and tricep extension on right side. That is one rep. Tips: Focus on pulling your belly button into your spine, squeezing your glutes and stabilizing your entire body. Keep your chest parallel to the floor throughout and try not to rock or sway to one side. Continue alternating side for instructed amount of time. Modification (beginner): Perform this move on your knees.

4. L-RAISES:

Stand with feet hip-width apart, holding a set of dumbbells at your sides, palms facing in. Roll the shoulders back and down and brace the core. Exhale and lift the arms: one comes forward and the other moves out to the side, creating an "L" shape. Keep the arms at shoulder-height. Lower to the hips and repeat on the other side. Control the move – no swinging! That is one rep. Continue alternating sides for instructed amount of time.

5. PYRAMID PULSES:

Stand tall and hold a squishy ball between your elbows as the arms extend straight out from the shoulders. Bend the arms at 90 degrees and bring the hands together. Pull your belly button into the spine. Raise your elbows up a few inches and back down to the starting position. This is your pulse range. Keep the same amount of pressure on the ball, and keep your hands together. The shoulders should stay down – if they creep up, rest and restart. Continue this movement for instructed amount of time.

DAY 23: CORE

Equipment Needed Today: Yoga Mat

WARM UP: Jog or march in place for 2 minutes.

MOVE 1: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 2.

MOVE 2: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 3.

MOVE 3: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 4

MOVE 4: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 5.

MOVE 5: Complete as many reps as you can for 60 seconds. Rest 60 seconds.

REPEAT MOVES 1-5 AN ADDITIONAL 1X FOR A TOTAL OF 2 ROUNDS.

COOL DOWN: After repeating the sequence a total of 2x, walk a few minutes and stretch for 5-10 minutes.

PLEASE NOTE: If an exercise has you performing the movement on each side, perform the move 60 seconds on one side and 60 seconds on the other side and then take your 60 second rest period.

1. FOREARM PLANK:

Lie face down on floor resting on your forearms. Push up off the floor, raising up onto toes and resting on the elbows. Keep your back flat, contracting your abdominal muscles while you hold your body in a straight line from head to heels. Don't let your butt sag or stick up in the air. Stay in this position for instructed amount of time. Modification (beginner): Perform this move on your knees.

2. CRAB TWIST:

Sit with your knees bent in front of you and feet hip-width apart on the floor. Place your hands shoulder-width apart on the floor behind you. Lift your butt so that your body is in reverse tabletop position. Extend your right leg and place your left hand behind your head, elbow out. Crunch diagonally, bringing your right knee to your left elbow. That's one rep. Continue movement on this side for instructed amount of time, then switch. Modification (beginner): When in reverse tabletop position, keep both hands on the floor behind you and raise your knee to your chest.

DAY 23: CORE

Equipment Needed Today: Yoga Mat

3. HIP TWISTER PLANK:

Begin in forearm plank position with shoulders directly over elbows. Your body should be in a straight, diagonal line from your head to your heels. Keeping your abs in tight and your shoulders above your elbows, rotate your torso as you drop your left hip to the ground. In a controlled motion, rotate your torso to the opposite side, dropping your right hip to the floor. That is one rep. Continue for instructed amount of time. In between rotations, stop in the middle to get control of your balance if necessary. Modification (beginner): Perform this move on your knees. Make certain to keep body in a straight, diagonal line!

4. BURPEES:

Stand with your feet hip-width apart and your hands at your sides. Bend your knees and squat down, placing your hands firmly on the floor. Jump your feet back to come into a high plank with straight arms and legs. Jump both feet forward to your hands. From your crouching position, jump up with hands above your head. That is one rep. Continue for instructed amount of time. Modification (advanced): Once in plank position, lower into a push up. Pause, and push back up, then continue the move.

5. ALTERNATING TOE TOUCHES:

Lie flat on the ground with your legs extended. Raise your right leg straight up. Contract your abs and raise your left hand up to your right toe, by lifting your left shoulder off the ground. Repeat movement by raising your right hand up to your left toe. That is one rep. Repeat for allotted time.

DAY 24: CARDIO: WALK, BIKE, OR JOG FOR 30 MINUTES

DAY 25: LOWER BODY

Equipment Needed Today: Dumbbells, Stability Ball & Yoga Mat

WARM UP: Jog or march in place for 2 minutes.

MOVE 1: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 2.

MOVE 2: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 3.

MOVE 3: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 4

MOVE 4: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 5.

MOVE 5: Complete as many reps as you can for 60 seconds. Rest 60 seconds.

REPEAT MOVES 1-5 AN ADDITIONAL 1X FOR A TOTAL OF 2 ROUNDS.

COOL DOWN: After repeating the sequence a total of 2x, walk a few minutes and stretch for 5-10 minutes.

PLEASE NOTE: If an exercise has you performing the movement on each side, perform the move 60 seconds on one side and 60 seconds on the other side and then take your 60 second rest period.

1. WEIGHTED WALL SQUATS WITH STABILITY BALL:

Place a stability ball against a wall and align it with your lower back. Place your feet a foot or so in front of your body. Holding a dumbbell in each hand, with palms facing in, lower down into a squat, keeping thighs parallel to floor and your weight in your heels (make certain to keep your knees behind your toes). Pause and roll back up and return to standing position. That is one rep. Continue for instructed amount of time. Modification (beginner): Ditch the dumbbells.

2. FOOTBALL DRILL:

Get into a defensive position with a wide stance and arms tucked into the body. Shift your weight to the balls of your feet and jump over to one side. Keep your form nice and tight. Shift your weight over to the other leg. Make sure your knees remain slightly bent the entire time so you can safely and quickly get side to side. Stay low, and continue shifting weight from side to side for the instructed amount of time. Modification (beginner): Slow your speed.

DAY 25: LOWER BODY

Equipment Needed Today: Dumbbells, Stability Ball & Yoga Mat

3. GLUTE RAINBOW:

Start on all fours, with your hands directly under your shoulders and your knees directly under your hips. Take your right leg and bring it out to the side, keeping your foot on the ground. Exhale and lift the leg up as you move it behind you until it's extending straight back from the hip. Without stopping, continue to move the leg behind you, crossing over the grounded leg. Draw the toe to the floor and tap the other side if you can. Reverse the rainbow movement. That is one rep. Continue on your right side for instructed amount of time, then switch to left. Modification (advanced): Add an ankle weight.

4. HIGH KNEES:

Stand tall with your core pulled in and your shoulders back. Place your hands out at hip height to help gauge your performance. Keep this posture and raise one knee up to the hips or higher, keeping the other leg bent and ready to follow. Quickly alternate knees, leaning back with a strong core to help drive them toward the chest. Continue movement for instructed amount of time. Modification (beginner): March in place. Modification (advanced): Travel with it; put hands up overhead to utilize your core

5. SEATED PRETZEL:

Sit with your front right shin parallel in front of you and your left back knee far behind. Place your hands on either side of your front shin and lean forward slightly. Activate your core and back seat and lift your bent back leg up. That is one rep. Continue movement on this side for instructed amount of time, then switch.

DAY 26: UPPER BODY

Equipment Needed Today: Dumbbells

WARM UP: Jog or march in place for 2 minutes.

MOVE 1: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 2.

MOVE 2: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 3.

MOVE 3: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 4

MOVE 4: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 5.

MOVE 5: Complete as many reps as you can for 60 seconds. Rest 60 seconds.

REPEAT MOVES 1-5 AN ADDITIONAL 1X FOR A TOTAL OF 2 ROUNDS.

COOL DOWN: After repeating the sequence a total of 2x, walk a few minutes and stretch for 5-10 minutes.

PLEASE NOTE: If an exercise has you performing the movement on each side, perform the move 60 seconds on one side and 60 seconds on the other side and then take your 60 second rest period.

1. FRONT RAISES:

Begin standing with feet shoulder-width apart with a slight bend in your knees, with your palms facing down on the tops of your thighs, grasping a dumbbell in each hand. Lift the dumbbells to the front with a slight bend in the elbow and your palms always facing down. Continue to go up until your arms are slightly above parallel to the floor. Now lower the dumbbells back down slowly to the starting position. That is one rep. Continue for instructed amount of time. If you have to swing your body to raise the dumbbells, then decrease the weight. Modification (advanced): Before lowering the weights to starting position, perform three calf raises by rising up on your tip toes.

2. ARNOLD PRESS:

Stand with feet hip-width apart holding dumbbells at shoulders with arms tight to the body and palms facing in. Rotate wrists out and extend your arms overhead. Pause at the top, and then lower the dumbbells to the original position by rotating palms towards your shoulders. That is one rep. Repeat for the allotted time.

DAY 26: UPPER BODY

Equipment Needed Today: Dumbbells

3. LATERAL RAISES:

Grab a pair of dumbbells and stand tall with your feet shoulder-width apart. Keeping your elbows straight, raise your arms up to the side so that they are level with your shoulders. Your palms should now face the ground. Slowly lower the dumbbells down to the front of your thighs, palms still facing inward. That is one rep. Continue for instructed amount of time. If you have to swing your body to raise the dumbbells, then decrease the weight. Modification (beginner): Ditch the dumbbells and/or aim to hit a 45-degree angle with your arms.

4. STANDING REAR DELT RAISES:

Stand with your feet hip-width apart. Hinge at the hips and lean forward so your hips go behind your heels and the back is flat. Gaze in front of you at the floor and hold dumbbells in front of you with arms extended, palms facing in. Keeping your arms straight (without locking the elbows), lift your dumbbells to the side of your body. If you have to jerk your body to complete this movement, decrease your weight. Avoid putting the work in your lower back. Squeeze your shoulder blades together then release the weights back under the chest with control. That is one rep. Continue for instructed amount of time.

5. HORIZONTAL IN-AND-OUTS:

Stand with your feet hip-width apart and hold the weights just above your chest, elbows pointing out to the sides. Your elbows should be at the same height as your shoulders. Exhale and send the weights out to the sides, unhinging the elbows completely. Inhale to bring them back to the chest. That is one rep. Continue for instructed amount of time.

DAY 27: CORE

Equipment Needed Today: Yoga Mat & Kettlebell

WARM UP: Jog or march in place for 2 minutes.

MOVE 1: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 2.

MOVE 2: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 3.

MOVE 3: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 4

MOVE 4: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 5.

MOVE 5: Complete as many reps as you can for 60 seconds. Rest 60 seconds.

REPEAT MOVES 1-5 AN ADDITIONAL 1X FOR A TOTAL OF 2 ROUNDS.

COOL DOWN: After repeating the sequence a total of 2x, walk a few minutes and stretch for 5-10 minutes.

PLEASE NOTE: If an exercise has you performing the movement on each side, perform the move 60 seconds on one side and 60 seconds on the other side and then take your 60 second rest period.

1. UP-AND-OVERS:

Start in high plank position, but with knees bent. Keeping arms locked, knees bent and legs together throughout, propel legs up and over to the right side of your mat. Then explode to the left side of your mat for one rep. Continue exploding up and over to each side for instructed time. Modification (beginner): Instead of hopping from side to side, just step, one leg at a time at a challenging pace.

2. STRAIGHT LEG REVERSE CRUNCHES:

Lie on your back with your arms at your sides, palms down and lift your legs straight up over the hips, feet together. Using the lower core muscles and your lats (the muscles running against the rib cage), squeeze and lift your tailbone off the mat. The goal is to have your feet move straight up instead of up and over your chest. Sometimes flexing you feet to "stamp" the ceiling will help guide this movement. As you release, try to control it so your hips don't slam against the ground. That is one rep. Continue for instructed amount of time. Modification (beginner): Bend your knees.

DAY 27: CORE

Equipment Needed Today: Yoga Mat & Kettlebell

3. KETTLEBELL WINDMILL:

Grab a kettlebell with one hand and raise it straight over your shoulder. Stand with your feet a little wider than hip-width apart and let your other arm rest at your side. Look up at the kettlebell and let your resting arm glide down your leg. Your hips will push out to the opposite side, but your legs remain straight. Go only as low as you can with straight legs. Imagine that your body is between two panes of glass. Continue to look at the kettlebell. If you have neck issues, looking down at your toes will be a better option. Exhale and squeeze the lower obliques to help you stand up to your starting position. That is one rep. Continue movement on this side for instructed amount of time, then switch.

4. PLANK JACKS:

Begin in high plank position. Jump your legs wide and then back together. That is one rep. Jump as quickly as you can, but do not let your stomach sag or arch towards the ceiling. Continue for instructed amount of time. Modification (beginner): Instead of jumping, step alternating legs out to the side and then back in.

5. SIT-UPS:

Sit on the floor with your knees bent and your feet flat on the floor. Place your hands behind your head. Your elbows should be pointing outward. Raise your head, shoulders and upper body toward your knees. Avoid arching your back. Lead with your chest, not your head. Exhale as your rise, inhale as you lower back down to the mat. That is one rep. Continue for instructed amount of time. Modification (beginner): Do not sit all the way up. Instead, do small crunches by lifting only your upper back and shoulders off the ground.

DAY 28: CARDIO: WALK, BIKE, OR JOG FOR 30 MINUTES

DAY 29: LOWER BODY

Equipment Needed Today: Yoga Mat & Stability Ball

WARM UP: Jog or march in place for 2 minutes.

MOVE 1: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 2.

MOVE 2: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 3.

MOVE 3: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 4

MOVE 4: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 5.

MOVE 5: Complete as many reps as you can for 60 seconds. Rest 60 seconds.

REPEAT MOVES 1-5 AN ADDITIONAL 1X FOR A TOTAL OF 2 ROUNDS.

COOL DOWN: After repeating the sequence a total of 2x, walk a few minutes and stretch for 5-10 minutes.

PLEASE NOTE: If an exercise has you performing the movement on each side, perform the move 60 seconds on one side and 60 seconds on the other side and then take your 60 second rest period.

1. PRISONER GET-UPS:

Start by kneeling on the ground with your knees hip-width apart and your hands behind your head. Slowly stand up, one leg at a time. Squeeze your abs and glutes while standing up. Squeeze your abs and glutes while returning to the starting position, one leg at a time. That is one rep. Modification (beginner): Use hands to get up to standing position. Modification (advanced): Start by lying on your back with your hands behind your head, elbows out. Keeping hands in place, sit up, swing your legs behind you, and then bring yourself to a kneel position. Continue with steps mentioned above.

2. FROG CRUNCHES ON STABILITY BALL:

Start by kneeling behind a stability ball. Place your stomach on the ball and roll out until your hands are on the ground underneath your shoulders and your legs are in the air. Bend your knees while touching your heels together and turning toes out. Pulse your legs up towards the ceiling, lifting knees off the stability ball. That is one rep. Continue for instructed amount of time.

DAY 29: LOWER BODY

Equipment Needed Today: Yoga Mat & Stability Ball

3. PRISONER JACKS:

Stand with your feet close together, hands behind your head, and lower down into a narrow squat so that your weight shifts back to your heels. Staying low, but with your chest up, push off your heels and jump your feet wide, landing in a wide squat position. Jump back to the start position. That is one rep. Continue jumping your feet out and in while squatting as fast as you can for instructed amount of time.

4. GLUTE BRIDGE MARCH:

Lie on your back with your knees bent and feet on the floor. Place your hands to your sides, palms down. Squeeze your glutes together as you lift your hips. Push the belly button down into the spine so the lower back isn't doing any of the work. Keeping the knees bent, lift one leg up until the thigh is completely vertical. As you lift, press into the heel of your grounded foot. Don't let those hips drop! Release the leg. That is one rep. Continue alternating sides for instructed amount of time.

5. POWER SQUATS:

Stand with your legs a little wider than shoulder-width apart and arms down at sides. Squat down, bending your knees and pushing your butt back as if you were sitting in a chair. Make sure your knees don't cross over your toes. Explode up through the balls of your feet into a vertical leap with your legs and arms fully extended. Land softly and sink back into the squat position, keeping your knees softly bent. Never land with your legs still extended and do not fully lock your knees out. That is one rep. Continue for instructed amount of time. Modification (beginner): Instead of jumping, rise up and stand on your toes as you extend your legs.

DAY 30: UPPER BODY

Equipment Needed Today: Yoga Mat, Dumbbells & Stability Ball

WARM UP: Jog or march in place for 2 minutes.

MOVE 1: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 2.

MOVE 2: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 3.

MOVE 3: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 4

MOVE 4: Complete as many reps as you can for 60 seconds. Active rest 60 seconds, immediately begin move 5.

MOVE 5: Complete as many reps as you can for 60 seconds. Rest 60 seconds.

REPEAT MOVES 1-5 AN ADDITIONAL 1X FOR A TOTAL OF 2 ROUNDS.

COOL DOWN: After repeating the sequence a total of 2x, walk a few minutes and stretch for 5-10 minutes.

PLEASE NOTE: If an exercise has you performing the movement on each side, perform the move 60 seconds on one side and 60 seconds on the other side and then take your 60 second rest period.

1. DOWN DOG PUSHUPS:

Begin in pushup position and push your hips back so your torso is nearly vertical. Your hands, arms, and head should be in a straight line. This is pike position. Lower your body until your head nearly touches the floor between your hands and then press back up. That is one rep. Continue for instructed amount of time.

2. PLANK JACK AND JUMP:

Begin in a high plank with your shoulders over your wrists and your feet close together. Make sure the hips are not sagging or piking upward, but in line with your body. Without moving the upper body or hips, jack the feet out to the edge of your mat. This distance does not have to be far. Jack the feet back together, then jump them to the outside of your hands. Your hands remain planted on the floor – they never move during this exercise. That is one rep. Continue for instructed amount of time. Modification (beginner): Step the feet out one at a time for the jack and jump or try placing your hands on a sturdy elevated surface such as a bench or step.

DAY 30: UPPER BODY

Equipment Needed Today: Yoga Mat, Dumbbells & Stability Ball

3. KNEELING TRICEPS PUSHBACK:

Grab a dumbbell and come to all fours. Keep the hips over the knees and shoulder over the wrist of your stabilizing arm. The back is flat and the working arm is straight beside you at hip-height holding a dumbbell. This is as low as the arm will go. With the palm facing the ceiling, push the weight upward about 6 inches. Release back to the hip line. That is one rep. Continue movement on this side for instructed amount of time, then switch. Modification (beginner): Decrease range of motion when raising the dumbbell upward.

4. BICEP CURLS:

Grab a pair of dumbbells and let them hang at arm's length at the edge of your hips. Turn your arms so that your palms face forward. Tuck your elbows into your sides and bend them, curling the dumbbells up to your shoulders. Make sure your elbows stay stationary and your upper arms do not move. Slowly lower the weights back to your thighs. Your arms should be fully extended at the bottom. That is one rep. Continue for instructed amount of time.

5. STABILITY BALL CHEST FLYS:

Hold a pair of dumbbells and lie back on a stability ball, (make sure head, neck and shoulders are supported by the ball) feet flat on the floor, knees bent at 90-degree angles, ankles directly under knees and hips lifted upward with abs tight. While keeping this body position, push weights straight up, palms facing in, and open arms out wide to your sides so they are parallel to the floor. (Arms should be straight without locking the elbows). Bring your arms back to center and repeat. That is one rep. Continue for instructed amount of time.